



Bereaved Parents of the USA

Anne Arundel County Chapter

January, 2005

www.aacounty-md-bereavedparents.org

It is our sincere hope that the New Year brings warmth and comfort to all those who have felt the grief of losing someone dear to them. It's also a time when we can say "thank you" for a years' worth of help and support to all those who have contributed their time, effort, and caring to help others feel a little better. Chapter Leader Dave Alexander deserves our thanks for his unselfish and tireless effort.

A special thank you to *everyone* who assisted in making December's 19th annual Service of Remembrance the beautiful and touching ceremony that it was. Many names can be mentioned, but a special thank you to Janice Kunkel for being the prime mover of this service. As always, those attending had many favorable comments as we shared time and refreshments after the service. The impromptu applause that erupted after the slide show containing so many wonderful images of our loved ones was certainly a highlight of the service...and I believe that it may be included as a special moment in the annual services for years to come. Note to Paul Balasic..seeing Bethany's laughing smile seemed to say, "Dad, the slide show worked, good job!!!"

Another example of caring took place at the December meeting, when, during the sharing group time, gifts were brought to be given to children in need. Those donating the gifts had the opportunity to talk about their child and what the gift they brought would mean to their child.

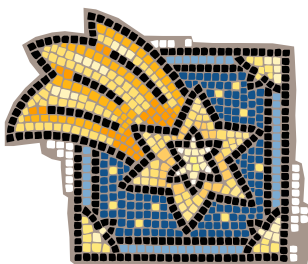
Peace and comfort in 2005



Rick Tomaszewski

GOALS OF BEREAVED PARENTS OF THE USA

- to educate families about the grief process and all its complexities as it applies to the death of a child at any age and from any cause.
- to aid and support those who are suffering such a loss, regardless of race, creed or financial situation.
- to provide a library at each meeting place where members may borrow books with up-to-date information about the grief process.
- to supply the telephone numbers of other bereaved parents, siblings and grandparents who are able to offer support to other more newly bereaved families.
- to inform and educate members of the helping professions who interact with bereaved parents as to the nature and duration of parent/sibling/grandparent bereavement.
- to provide monthly meetings with sharing groups and occasional informative programs.



The printing and mailing of this newsletter has been donated
By Debra Ann & Richard Kerr in memory of their son
Kevin Murray Kerr

**The Bereaved Parents of the USA
Anne Arundel County Chapter**
P.O. Box 6280
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Thank you notes: Fran Palmer - Treasurer: Fran Palmer
Mailing List: Dave Alexander - Programs: VACANT
Hospitality: VACANT *note - as you can see we have several vacancies... we hope someone will consider helping!

It is our sincere hope that you will find comfort somewhere in this newsletter. It is our intention to offer you hope in knowing that you are not alone. We encourage you to write about your feelings and to share your feelings with others who understand...your compassionate friends.

Material to be printed "in memory of" must be sent to the editors 6-8 weeks in advance of the newsletter in which you wish the item to be printed.

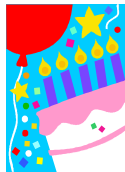
February submissions are due by January 15th.



Our **lending library** is available to help you understand and deal with your grief. Most of our materials have been donated in memory of a child. When you have finished with them, please return them at our monthly meeting or mail them to the post office box listed above. Thank you.

Refreshments at our monthly meetings:

A sign-up sheet is on the refreshment table at the meeting. Drinks, ice, and paper products are provided by the chapter. For questions, contact Dave Alexander at 410-544-3634



Inclement weather on a meeting night :



Meeting canceled if Phase 1 of the Snow Emergency Plan is in effect at 5:00 p.m. You can also check our website on the day of the meeting for an announcement about cancellations.

MEETING INFORMATION

Next meeting: January 6, 2005

Doors open at 7:15 p.m.

Meeting begins at 7:30 p.m.

(Meetings usually occur on first Thursday of month)

Calvary United Methodist Church

301 Rowe Blvd., Annapolis

Please park in the back of the church

PROGRAM: Difficult Parts of Grief

FEBRUARY PROGRAM: None Scheduled at this Time.

TELEPHONE FRIENDS

Sometimes we feel the need to talk to someone who understands the pain we feel and will listen to us. When you have questions to ask, a need to talk, or have a difficult day, these people welcome your call.

Marie Dyke, single parent, daughter, 17, only child, car accident .

Janet Tyler, daughter, 5 and brother, 33, car accident. 410-969-7597

Tia Stinnett, miscarriages and infant death. 410-360-1341

Sandy Platts, infant death. 410-721-6457

OTHER RESOURCES:

* **Bereaved Parents of the USA, (BPUSA)**
National contact number (708-748-7866)

* **Baltimore-metro area of The Compassionate Friends of Maryland, Inc. and Bereaved Parents of the USA, (410-321-7053).**

* **Stephanie Roper Committee, for victims of violent crime, Anne Arundel County chapter** representative is James Donnelly (410-544-1473).

* **The Compassionate Friends, Reston Satellite Group** (support group for parents who are now childless), second Saturday of the month, 1:00 p.m. at North County Government Center, Reston District Police Station, 12000 Bowman Town Drive, Reston, VA. For info., contact Linda Nielsen (703-435-0608, InLvMemory@Comcast.net); Harriet Evenson (703-525-9311); Sharon Skarzynski in MD (410-757-5049); website - www.inlovingmemoryonline.org

* **Survivors of Suicide Group (SOS)** meets the 1st Tuesday of each month from 7:30 p.m. - 9:00 p.m., at Severna Park United Methodist Church, 731 Benfield Road, Severna Park (410-987-2129).

CHAPTER NEWS AND NOTES

Upcoming Meeting Topics

January 6, 2005: Difficult Parts of Grief

Marlen Maier, one of the founders of our chapter, will discuss the difficult parts of grief over the years. She will discuss such issues as the isolation of grief over the death of a child, the immense pain, the anxiety that the immense pain will never end, and the guilt that we were unable to prevent the death.

February 3, 2005: No Program Scheduled at this Time

Sponsoring a monthly newsletter in your child's name can be arranged through Lisa Beall (bealls@erols.com). Newsletter printing costs \$150 and mailing is \$50 each month.



Thank you!

Chapter Website

To place your child's name on our website, email Dave Alexander (dralex@sdalex.com), or send him a note, (PO box 6280, Annapolis, MD 21401). Include your name, your child's name as you would like it to appear, and your child's date of birth and date of death.

To have a picture of your child on the website, email a digital file with the picture or send a printed picture to Dave. (Photos will be returned.) If you have any questions, please call Dave at 410-544-3634.

Many of you who receive our **newsletter** were referred by a friend, physician, or clergy. You may have never attended a meeting. In this case, it is likely that your child's name does not appear in our **monthly list of "Children Remembered"**. This is because we require your permission to do so. If you would like your child's name added, please send a note to our post office box. List your child's name, your name(s), and the dates of your child's birth and death. Please allow 6 weeks to be sure it arrives in time for the appropriate month.

EASTERN SHORE BEREAVED PARENTS GROUP

The Queen Anne's County Bereaved Parents Group meets on the ***First Wednesday of each month***. The next meeting will be on Wednesday, January 5th, at 7:00 pm. The Group meets at the ***Calvary United Methodist Church in Queenstown***. The Church is located at the intersection of Maryland Avenue and Steamboat Lane in Queenstown.

All are welcome to come. Please pass the word to other bereaved parents.

For more information, contact Joan Gray at 410-827-7471 or Dave Alexander at 410-544-3634 or send an email message to QueenstownGroup@sdalex.org



DO YOU USE AMAZON.COM?

If you use Amazon.com, perhaps you could use the Chapter's website to make the connection and purchase. We have a link to Amazon.com on the home page of our website. Amazon.com gives our chapter a commission of 5% of any purchases which are made through that link. Using the link does not increase the cost to the purchaser. Alert your friends, relatives, and colleagues to the link and suggest they use it as well.

You can access the site at:

www.aacounty-md-bereavedparents.org,

click on the butterflies on the welcome page to enter our site, and then scroll down the first page to the bottom. On the bottom left corner is the Amazon.com graphic. Clicking on the graphic takes you to Amazon.com's site. When it does so, it links information relevant to our chapter to the visit to the site. If a purchase is made, it will be credited to our site. Purchases made without going through that link do not get credited.

Since our chapter is a not-for-profit organization and has no dues or fees, we are dependent on donations and fund raisers. We are hopeful these commissions will help fund some of our community outreach activities.

DONATIONS

Donations may be made to offset the cost of printing and mailing the newsletter, the annual Remembrance Service, the annual Conference of Hope and Healing, and books and other materials for the Chapter Library. We gratefully acknowledge the following donations made over the last several months:

Barry & Elizabeth Aikin in memory of their grandson Jon Russell Aikin
Cheryl Alderdice in memory of her son Arthur Gordon Phillips
Audrey & Jack Bagby in memory of their daughter Deneen Leigh Lins and grandson Nicholas Allen Bowling
Theresa Bleemke in memory of her son Paul Shane Brough
Bonita Boone-Adamecz in memory of her daughter Traci Lynn Boone
Sandy & Bob Burash in memory of their son Paul J. Burash
Ruth Cann in memory of her son David Norton Cann
Anne & Noel Castiglia in memory of their daughter Tria Marie Castiglia
Ethel & Tom Cleary in memory of their grandson Scott Thomas Palmer and their nephew O. Steven Cooper
Karen Coulson in memory of her son Craig Steven Nelson
Rebecca & Joseph DeMeo in memory of their son Joseph R. DeMeo Jr.
Mary Louise & Alain de Sarran in memory of their daughter Elizabeth de Sarran
Mary & Tom DiLego in memory of their daughter Alexandra DiLego and their son Andrew Thomas DiLego
Renée Dudnikov in memory of Ann Castiglia's brother and in memory of Noel Castiglia's mother
Jill & Dave Dumont in memory of their son Jack Turner Dumont
Marie Dyke in memory of her daughter Michelle Marie Dyke
Dorothy & Don Farley in memory of their son Ronald Wesley Farley
Catherine & Ray Fennessey in memory of daughter Barbara Jean Fennessey
Aurelia Ferraro in memory of her son Jeff Baldwin
Carol Fritz in memory of her daughter Katie Fritz
Susan Galyon-Pyle in memory of her Craig Robert Galyon
Mary & John Goetz in memory of their son John Joseph Goetz Sr.
Linda & John Grimm in memory of their son Jeffrey Andrew Grimm
Peggy & Gordon Haines in memory of their son Matthew Gordon Haines
Pam & Jerry Haley in memory of their son Brian Jeffrey Haley
Pat Hall in memory of her son James Michael Hall
Terri Hayden-Molton in memory of her son Lee Robert Hayden and her sister Mary Senier-Egan
Dorothy Heincelman in memory of her granddaughters Cortney Belt and Traci Heincelman
Jeanne & Ed Heincelman in memory of their daughter Traci Heincelman and their niece Cortney Belt
Norm Heincelman in memory of his granddaughters Cortney Belt and Traci Heincelman
Jeanne & LeRoy Jones in memory of their sons Jeremy Scott Jones and Brian Keith Jones
Bob and Sue Katz in memory of their son Matthew James Katz
Twanda & Gil Kilton in memory of their son Darin Michael Kilton
Stephanie Knox in memory of Kevin Kerr
Missy & Bryant Lawrence in memory of daughter Susan Lawrence Barr
Pat & Larry Liberatore in memory of their son Nicholas Paul Liberatore
Marlen & Gene Maier in memory of their son Eric Eugene Maier
Issy & Chuck Mattis in memory of their son Donald "Donnie" L. Severe
Ella Mae McGinness in memory of her daughter Julie K. McGinness and her son Jeffrey R. McGinness
Norma & Don Melcher in memory of their son Brian Richard Melcher
Rosemary Mild in memory of her daughter Miriam Luby Wolfe
Ruth & Lowell Minor in memory of daughter Susan Blair Minor
Suzanne & John Mulloy in memory of their son Ryan John Mulloy
Arleen & Rudy Novak in memory of their son David Joseph Novak
Clara Pajak in memory of her son Edmond Ronald Pajak
Lucille & John Peoples in memory of their son Cedric John Peoples
Sharon Poe in memory of her son John Christopher Poe
Linda & Robert Rasmussen in memory of their son Steven Craig Rasmussen
Karl & Carol Reichardt in memory of their son Kevin Eric Reichardt
Marcia Rex in memory of Cortney Belt
Juliet & Leonard Rothman in memory of their son Daniel Maurice Rothman
Joyce & Tom Schall in memory of their son Thomas Jeffrey Schall

(Continued next page)

DONATIONS

(Continued from previous page)

Jody Seyfferth in memory of her son Donald "Donny" Lee Seyfferth Jr.
Barbara Shaffer in memory of her son Scott Christopher Shaffer
Maren Sheidy in memory of her son Travis Brandon Beyerle
Daynie Showacre in memory of her daughter Rachel Beth Showacre
Glenda & John Skuletich in memory of their daughter Abigail Helen Skuletich
Ken Smith in memory of his niece Tracy Fotino
Robin Stallings in memory of her son Roderick "Rod" William
Peggy & Lewis Strader in memory of their son Christopher Lewis Strader
Lorraine Tarr in memory of her son Russell "Rusty" J. Tarr
Karen & Jim Temple in memory of Matthew Jason Temple
Chere & Gregory Trehey in memory of their daughter Marie Rose Trehey
Kay Wallace in memory of her son John Kirkpatrick Wallace
Karen Willey in memory of her son Nicholas Grant Poe



Thanks for your generosity!



SIBLING PAGE



Suggestions for People Dealing with Bereaved Teens
from Hayley, age 14, Illinois,
whose three-year-old brother died in his sleep.

Don't be afraid when I cry. It is healthy and normal to cry.
If you don't know what to do when I cry, give me a big hug.

When I say I am okay, I am probably not. A loved one
who meant a lot to me just died, and I am not ok with that.
Please excuse me if I am rude or snappy. So much bad
happened in such a small time. I am even having a hard
time being patient with you.

Don't assume that I know you are upset about my loved
one dying. Let me know by giving me a big hug.

When you get uncomfortable when I talk about my loved
one, it makes me uncomfortable, too.

Don't think that talking about my loved one will make me
upset. I want to talk about my loved one very much.

The Box

Jessica, age 17, Minnesota

*I was in the attic today
And found a dusty old box.
I opened it up
And looked inside
The memories started to flood my mind,
just as the tears
Flooded my eyes.
I found a picture album
With pictures of us
Through the years,
The notes we wrote
Back and forth,
And some of the "junk"
We bought at the mall.
As I was looking through the box,
I realized I can hold
the pictures, notes, and junk
But what I really want
is you to hold*

OUR CHILDREN REMEMBERED

Please remember the following families this month.

William P. Anthony
Son of Linda and Bill Anthony
June 1, 1965 - January 2, 1999

Merwede Baker
Son of Anna Baker and Paul Reid
January 15, 1978 - June 24, 2004

Michael Allen Barker
Son of Diane and Seth Barker
January 18, 1990 - February 10, 1999

Lisa Marie Bishop
Daughter of Diane and Michael Eye
January 29, 1966 - July 20, 2004

David A. Boss
Son of Ron and Sally Boss
January 6, 1968 - November 5, 2000

Paul J. Burash
Son of Sandra and Robert Burash
January 18, 1972 - August 8, 1992

David Michael Copeland
Son of Jay and Lois Copeland
March 27, 1978 - January 30, 2000

Mark Allen Craft
Son of Marika Bates
January 24, 1961 - January 20, 2004

Kevin Crawford
Son of Loretta Crawford
January 21, 1959 - March 10, 2004

David Michael Cutter
Son of Jim and Anne Marie Cutter
September 16, 2002 - January 2, 2003

Jason T. Easter
Son of Janice and Chris Kunkel
January 30, 1973 - September 9, 1999

Sherri Leigh Fant
Daughter of Vern Pierce
January 24, 1958 - April 1, 2003

Theresa K. Gardner
Daughter of Joan F. Gardner
July 28, 1962 - January 7, 1994

Steven Joseph Garvey
Son of Mark and Cheryl Sylce
January 21, 1985 - February 1, 1985

oSara Elizabeth Hohne
Daughter of Donald and Karen Hohne
January 2, 1980 - June 13, 2003

Sandrine Ingulia
Daughter of Michele Ingulia
January 17, 1965 - February 14, 2003

Mark Edward Keefe
Son of Debra and Mark Keefe
September 13, 1974 - January 8, 1991

Kevin Murray Kerr
Son of Debra and Richard Kerr
January 19, 1980 - September 4, 2001

Andrea Jean Loatman
Daughter of Janet and John Hewitt
January 12, 1980 - October 5, 1999

James Allen McGrady
Son of David and Shirley McGrady
January 15, 1968 - August 10, 1987

William A. Miller
Son of Mary J. Miller
Brother of Marlene Miller
September 1, 1964 - January 18, 2004

Craig Steven Nelson
Son of Karen Coulson
April 2, 1974 - January 31, 1995

Nicholas Grant Poe
Son of Karen and Mike Willey
Son of Nelson and Shirley Poe
November 9, 1982 - January 23, 2002



OUR CHILDREN REMEMBERED (continued)

Kevin Eric Reichardt
Son of Carol and Karl Reichardt
January 20, 1975 - January 26, 1995

Joseph William Remines
Son of Bobbi and James Remines
November 16, 1980 - January 3, 1994

Charles "Charlie" Hubner Rice
Son of Stephanie and Doug Rice
January 12, 2002 - January 11, 2002

Phillip Bernard Riek Jr.
Son of Pamela and Tracy Peterson
December 29, 1989 - January 17, 2000

Daniel Maurice Rothman
Son of Juliet and Leonard Rothman
January 20, 1971 - September 17, 1992

Thomas Jeffrey Schall
Son of Joyce and Thomas Schall
January 16, 1963 - January 7, 2002

Emily Ann Schindler
Daughter of Jane and Chuck Schindler
July 27, 1985 - January 27, 2004

Kelly Ann Schultz
Daughter of Pat and Jim Schultz
July 19, 1964 - January 1, 1996

Misty Dawn Smith
Daughter of Anne and DeWitt Wilcox
March 15, 1976 - January 12, 1997

Frank Spencer Spurr
Brother of Terri Tuono
January 27, 1966 - February 1, 2002

Kassie Vaughn
Daughter of Lisa Vaughn
June 22, 1985 - January 2, 2003

Aaron Weaver
Son of Kelley Weaver
February 12, 1996 - January 22, 1999

Michael Shane Wheeler
Son of Lita L. Volejak
June 22, 1976 - January 11, 1997

Daniel A. Whitby
Son of Rita and Albert Whitby Sr.
January 10, 1959 - August 15, 1974

Carole Anne Wilford
Sister of Aljuana Saunders
January 7, 1944 - May 4, 1998

Faith Jordan Williams
Daughter of Nicole Hawkins
September 26, 1998 - January 11, 1999

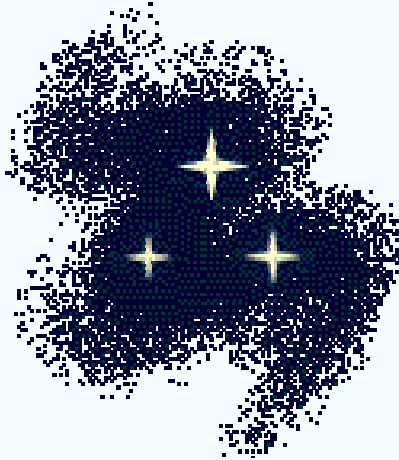
Roy James "Jay" Wyrick
Son of Patricia Wyrick
August 8, 1962 - January 10, 2002



Note: If your child's name appears in the printed version of our newsletter but does not appear in this online version, it is because we have not received explicit permission from you to list it online. If you would like your child's name to also appear in future online editions of the newsletter, please send an email to dralex@sdalex.com



Thoughts



Perhaps they are not stars
in the sky...

but rather openings
where our loved ones
shine down
to let us know
they are happy

Eskimo legend

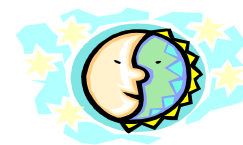
"Whenever I Say Your Name"

Whenever I say your name,
Whenever I bring to mind your face,
Whenever those dark clouds fill the sky,
Whenever I lost the reason why,
Whenever I'm paralyzed with fear,
Whenever I'm filled with doubts
that we will be together,
Whenever the dark clouds hide the moon.
Whenever this world has gotten so strange...
Whenever I say your name,
I'm already praying.
I'm filled with a joy that I can't explain."

Recording by Sting

"There ain't no answer.
There ain't gonna be any answer.
There never has been an answer.
That's the answer."

Gertrude Stein



I used to have a handle
on life. Then it broke...



"The bitterest tears shed over
graves are for words left unsaid
and deeds left undone"

Harriet Beecher Stowe

"When one door of happiness closes,
another opens; but often we look so long
at the closed door that we do not see the
one which has been opened for us."

- Helen Keller

SNOWFLAKES



It finally feels like wintertime outside...the air has a chill and there's a chance for snow. My daughter, who is a young adult, is just like a little kid waiting for the snow. She tells me it's her favorite time of the year.

For me, I prefer to bask in the summer sunshine. Since my son died, I often feel like it's wintertime all year long. I feel chilled to the soul. I want to stay home and snuggle in bed and ignore the rest of the world. I want to eat chicken soup and chili...comfort food for a cold day. I want to grumble and grouch at the world. So I prefer the warmth and sunshine as I hope to get rid of some of that wintertime feeling.

Yesterday my daughter reminded me that every snowflake is unique, even though we can't see the difference. She continued to say that snowflakes are like our grief. Everyone grieves differently and therefore our grief is unique. What looks like it's the same to everyone who has not experienced the loss of a child, is really something very special and unique to each one of us. And...sometimes it comes in light flurries or huge drifts, sometimes it lasts for days...or only minutes. Sometimes we're able to plan ahead and other times it takes us by surprise.

Now when the snow falls I will be reminded that I am unique, as is my daughter and my son. I may even go outside and let the beauty of the snow fall around me.

RAINBOWS

Did you know that different colors signify mourning in different locations in the world?

- ♦ Ancient Greek and Roman Empires believed that the color **BLACK** symbolized the dark gloom of mourning. People in the U.S. and Europe also think of black as the color of death.
- ♦ In Ethiopia, the color **GRAYISH BROWN** signifies the color of the earth where the dead return.
- ♦ In Thailand and Turkey, people mourn with the color **Purple**, which symbolizes royalty.
- ♦ Persia (now Iran) once mourned with **PALE BROWN** because it was the color of withered leaves.
- ♦ People of the South Sea Islands wore **BLACK-and-WHITE** stripes when mourning, to represent both sorrow and hope happening at the same time.
- ♦ In China, people mourn with the color **WHITE**, because it is the emblem of hope.
- ♦ In Egypt, people feel the color **YELLOW** is important for grief because it is the color of dead and dying leaves. Some also consider it the color of exaltation.
- ♦ The people of Syria, Armenia, and other Mideast nations consider the color **BLUE** important in mourning, especially **SKY BLUE**. This represents the hope that the deceased has gone to the skies, or heaven.

What is the color of *your* grief? Does it change when you're mad, sad, or happy?



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Bereaved Parents of the USA CREDO

We are the parents whose children have died. We are the grandparents who have buried grandchildren. We are the siblings whose brothers and sisters no longer walk with us through life. We come together as Bereaved Parents of the USA to provide a haven where all bereaved families can meet and share our long and arduous grief journeys. We attend monthly gatherings whenever we can and for as long as we believe necessary. We share our fears, confusion, anger, guilt, frustrations, emptiness and feelings of hopelessness so that hope can be found anew. As we accept, support, comfort, and encourage each other, we demonstrate to each other that survival is possible. Together we celebrate the lives of our children, share the joys and triumphs as well as the love that will never fade. Together we learn how little it matters where we live, what our color or our affluence is or what faith we uphold as we confront the tragedies of our children's deaths. Together, strengthened by the bonds we forge at our gatherings, we offer what we have learned to each other and to every more recently bereaved family. We are the Bereaved Parents of the USA.

We welcome you.